CLAIMS:

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1. A housing for an electronics module, comprising

a sleeve portion having an interior bend configured to receive a knuckle on a wearer's finger such that the housing can be securely mounted on the wearer's finger;

a cavity configured to receive an electronics module therein; and

a control access configured to align with controls of the electronics module such that the wearer can operate the electronics module when contained in said recess.

- 2. The housing of Claim 1, wherein said interior bend is configured such that the housing substantially resists rotational movement when worn on the wearer's finger.
- 3. The housing of Claim 1, wherein said recess is oriented in relation to the interior bend of the sleeve such that the electronics module is mounted on a side portion of the wearer's finger when contained in said cavity and the housing is worn on the wearer's finger.
- 4. The housing of Claim 1, wherein said cavity has a substantially similar shape as said electronics module to be received in said cavity.
- 5. The housing of Claim 1, wherein said cavity includes at least one opening that is smaller than a periphery of the electronics module such that the electronics module is held securely in the sleeve when the electronics module is forced into the cavity.
- 6. The housing of Claim 1, wherein said cavity includes at least one opening configured to align with a display of said electronics module such that the display is viewable when the module is contained in said housing.
- 7. The housing of Claim 6, wherein said at least one opening comprises a rectangular opening.
- 8. The housing of Claim 7, wherein said control access comprises three switch covers integrally formed in said housing and configured to align with depress switches of the

electronics module, said switch covers being positioned adjacent to respective right, left and bottom sides of said rectangular opening.

9. The housing of Claim 8, wherein a length of each of said switch covers is smaller than a length of the respective side that the switch cover is positioned adjacent to.

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- 10. The housing of Claim 1, wherein said control access comprises at least one switch cover configured to align with a switch on said electronics module when said module is contained in said housing.
- 11. The housing of Claim 1, further comprising an electronics module contained in said housing.
- 12. The housing of Claim 11, wherein said electronics module is configured to perform at least one of measuring, recording, and providing feedback to the wearer of the housing.
 - 13. The housing of Claim 11, wherein: said interior bend is positioned on a top portion of the housing, said electronics module includes a rectangular display,

said recess includes a rectangular opening configured to align with the rectangular display contained in said housing, such that the display is viewable through said opening,

said recess is oriented such that a plane of said display is substantially perpendicular to an apex of said interior bend such that the display is viewable on a side portion of the wearer's finger when the housing is mounted on the wearer's finger, and

said control access comprises three switch covers integrally formed in said housing and configured to align with depress switches of the electronics module, said switch covers being positioned adjacent to respective right, left and bottom sides of said rectangular opening such that a user can operate the switch covers with a finger of the hand on which the housing is mounted.

14. The housing of Claim 13, wherein when viewing the display face, the dimensions of the housing are:

approximately 58 mm from left tip to right tip,

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approximately 22 mm from bottom to top of watch, and

- 34 mm from the plane of the display to the back of the housing.
- 15. The housing of Claim 11, wherein said electronics module comprises a watch.
- 16. The housing of Claim 1, wherein said housing is configured to be worn on any finger of a wearer's hand.
- 17. The housing of Claim 1, further comprising another sleeve portion configured to receive another finger of the wearer's hand adjacent to the finger received in the sleeve portion having the interior bend.
 - 18. The housing of Claim 11, wherein said electronics module comprises:

includes at least a processor and a memory configured to store a plurality of available mode settings for the electronic device; and

an input mechanism configured to provide input commands to said processor, wherein said processor is configured to, based on said input comments, configure said electronics module to provide a custom mode setting for a subset of the plurality of available modes.

- 19. The housing of Claim 18, wherein said processor operates in a current operation mode sequence where the input mechanism is used to initiate functions of a current mode of the electronic device.
- 20. The housing of Claim 18, wherein said processor operates in a custom mode sequence where the input mechanism is used to select said subset of the available modes to be provided in a custom mode setting.
 - 21. A housing for an electronics module, comprising

means for receiving a knuckle on a wearer's finger such that the housing can be securely mounted on the wearer's finger;

means for mounting an electronics module in the housing; and
means for accessing controls of the electronics module such that the wearer can
operate the electronics module when contained in said recess.

22. The housing of Claim 21, further comprising an electronics module mounted in said housing by way of said means for mounting, said electronics module comprising:

a processor;

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means for storing a plurality of mode settings;

means for inputting input commands to said processor, wherein said processor is configured to, based on said input commands, configure the electronic device to provide a custom mode setting for a subset of the plurality of available modes.